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Fruits and Vegetables Canning Hints

Leslie Smith

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FRUITS AND VEGETABLES

Canning Hints

FOR SUCCESS - - -

Can only top quality foods.

Use boiling water bath for fruits and tomatoes.

Use *steam pressure canner* for other vegetables.

Have all equipment on hand and in good working order.

Follow up-to-date directions backed by research. (Your county Home Demonstration agent can supply you with these directions.)

Compiled by Mrs. Leslie Smith, Extension Nutritionist

AGRICULTURAL EXTENSION SERVICE

SOUTH DAKOTA STATE COLLEGE

S. DEPARTMENT OF AGRICULTURE COOPERATING

Canning Table for Fruits and Tomatoes

Sirup	Sugar (cups)	Water (cups)
Thin	1	3
Medium	1	2
Heavy	1	1

How to Prepare Fruits and Tomatoes	How to Pack	Pints Minutes to Process	Quarts
Apples: Pare and core apples, cut in pieces. To keep fruit from darkening, drop it into water containing 2 tablespoons each of salt and vinegar per gallon. Drain, then boil 5 minutes in thin sirup or water.	Pack hot fruit to $\frac{1}{2}$ inch of top. Cover with hot sirup or water, leaving $\frac{1}{2}$ inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)	15	15
Applesauce: Make applesauce, heat through and stir constantly.	Pack hot to $\frac{1}{4}$ -inch of top. Adjust lids. Process in boiling-water bath	10	10
Apricots: Follow method for peaches. Peeling may be omitted.			
Berries, except Strawberries: Wash berries and drain well. Add $\frac{1}{2}$ cup sugar to each quart fruit. Cover pan and bring to boil, shaking pan to keep berries from sticking.	Pack hot to $\frac{1}{2}$ inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)	15	15
Cherries: Follow method for berries, adding a little water when heating.			
Fruit Juices: Wash, crush fruit and simmer. Strain through cloth bag. Add sugar, if desired— $\frac{1}{2}$ to 1 cup to 1 gallon juice.	Fill hot to top. Adjust lids. Process in water bath with water at simmering temperature (below boiling, 180° F.)	20	20
Peaches: Wash peaches. Dip in boiling water, then quickly in cold water. Remove skins, cut peaches in halves, remove pits. Slice if desired. To prevent darkening during preparation, drop fruit into water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before heating or packing cold.	Heat peaches through in hot sirup. If fruit is very juicy you may heat it with sugar, adding no liquid. Pack hot fruit to $\frac{1}{2}$ -inch of top. Cover with boiling liquid, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)	20	20
Pears: Wash. Peel, cut in halves, and core. Continue as with peaches.			
Plums: Wash plums. To can whole, prick skins. Freestone varieties may be halved and pitted. Heat to boiling in sirup or juice with sugar.	Pack hot fruit to $\frac{1}{2}$ -inch of top. Cover with boiling liquid, leaving $\frac{1}{2}$ -inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.)	15	15
Rhubarb: Wash rhubarb and cut into $\frac{1}{2}$ -inch pieces. Add $\frac{1}{2}$ cup sugar to each quart rhubarb and let stand to draw out juice. Bring to boiling.	Pack hot to $\frac{1}{2}$ -inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)	10	10

Strawberries: Wash and stem berries. Add $\frac{1}{2}$ cup sugar to each quart of fruit. Bring slowly to a boil, shaking pan to keep fruit from sticking. Remove from stove and let stand overnight. Bring quickly to boil.

Pack hot to $\frac{1}{2}$ inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)

15

15

Tomatoes: Use only perfect, ripe tomatoes. To loosen skins, dip into boiling water for about $\frac{1}{2}$ minute; then dip quickly into cold water. Cut out stem ends and peel tomatoes.

Quarter peeled tomatoes. Bring to boil, stirring often. Pack hot in glass jars to $\frac{1}{2}$ inch of top. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in boiling-water bath (212° F.)

10

10

Tomato Juice: Use ripe, juicy tomatoes. Wash, remove stem ends, cut into pieces. Simmer until softened, stirring often. Put through strainer. Add 1 teaspoon salt to each quart juice. Reheat at once just to boiling.

Pack boiling hot juice to $\frac{1}{4}$ inch of top. Adjust jar lids. Process in boiling-water bath (212° F.)

15

15

Canning Table for Vegetables

How to Prepare Vegetables

How to Pack

Minutes to process at
10 lbs. pressure (240° F.)
Pints Quarts

Asparagus: Wash, trim off scales and tough ends; wash again. Cut into 1-inch pieces. Cover with boiling water; boil 2 or 3 minutes.

Pack hot to $\frac{1}{2}$ inch of top. Cover with hot cooking liquid or if gritty, use boiling water; leave $\frac{1}{2}$ -inch head space. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.

25

55

Beans, Fresh Lima: Can only tender beans. Shell; wash. Cover beans with boiling water; bring to boil.

Pack hot to 1 inch of top; cover with boiling water, leaving 1-inch head space. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.

35

60

Beans, Snap: Wash, trim ends; cut into 1-inch pieces. Cover with boiling water; boil 5 minutes.

Pack hot to $\frac{1}{2}$ inch of top; cover with hot cooking liquid, leaving $\frac{1}{2}$ -inch head space. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.

20

25

Beets: Sort for size. Cut off tops, leaving taproot and 1 inch of stem. Wash. Cover with boiling water; boil until skins slip easily—15 to 25 minutes, according to size. Skin and trim. Can baby beets whole; medium or large beets cut in $\frac{1}{2}$ -inch slices, halved or quartered, if necessary.

Pack hot to $\frac{1}{2}$ inch of top; cover with boiling water, leaving $\frac{1}{2}$ -inch head space. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.

25

55

Carrots: Wash; scrape. Slice or dice. Cover with boiling water, and bring to boil.

Pack hot to $\frac{1}{2}$ inch of top; cover with hot cooking liquid, leaving $\frac{1}{2}$ -inch head space. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.

20

25

Corn, Cream-Style: Husk, remove silk; wash. Cut corn from cob at about center of kernel and scrape cobs. To each quart of corn, add 1 pint of boiling water. Heat to boiling.	Pack hot to 1 inch of top. Add $\frac{1}{2}$ teaspoon salt to each jar.	85	---
Corn, Whole Kernel: Husk, remove silk; wash. Cut from cob at about $\frac{2}{3}$ the depth of the kernel. To each quart of corn add 1 pint boiling water. Heat to boiling.	Pack hot to 1 inch of top. Cover with hot cooking liquid, leaving 1-inch head space at top of jar. Or fill to 1 inch of top with mixture of corn and liquid. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.	55	85
Peas, Green: Shell; wash, Cover with boiling water; bring to boil.	Pack hot to 1 inch of top; cover with boiling water, leaving 1-inch head space. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.	40	40
Pumpkin, Strained: Squash, Winter, Strained: Wash, remove seeds; peel. Cut into inch cubes. Steam until tender, about 25 minutes. Strain. Simmer until heated through, stirring to prevent sticking.	Pack hot to $\frac{1}{2}$ inch of top. Add no liquid or salt.	60	80
Spinach: Can only freshly picked, tender spinach. Pick over; wash thoroughly. Cut out tough stems and midribs. Place about $2\frac{1}{2}$ pounds in a cheesecloth bag and steam about 10 minutes or until well wilted.	Pack hot and loosely to $\frac{1}{2}$ inch of top. Cover with boiling water, leaving $\frac{1}{2}$ -inch head space. Add $\frac{1}{4}$ teaspoon salt to pints; $\frac{1}{2}$ teaspoon to quarts.	45	70
Squash, Summer: Wash; do not peel. Trim ends; cut into $\frac{1}{2}$ -inch slices, halved or quartered to make pieces of uniform size. Add just enough water to cover; bring to boil.	Pack hot to $\frac{1}{2}$ inch of top; cover with hot cooking liquid, leaving $\frac{1}{2}$ -inch head space. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts.	30	40

Canning in A Pressure Saucepan

Canning in a Pressure Saucepan

Vegetables may be safely canned in a pressure saucepan if it has an accurate control or indicator of 10 pounds pressure (240° F.), if there is enough space for pint jars and a rack in the closed saucepan, and if proper directions are followed.

Prepare only enough vegetables at a time for one saucepan load. Prepare vegetables and pack pint glass jars as described in accompanying canning table.

Put rack in pressure saucepan and have one quart of water boiling in the bottom. Place hot, filled jars with covers adjusted according to type in the saucepan. Cover and allow steam to escape for at least one minute. Close vent and allow pressure to reach 10 pounds. Process for the following times:

Vegetable	Minutes
Asparagus	45
Lima beans	55
Snap beans	40
Beets	45
Carrots	40
Cream-style corn	105
Whole kernel corn	75
Peas	60
Strained pumpkin	80
Spinach	65
Summer squash	50

Remove saucepan from heat and let pressure down to zero. Or if saucepan has weighted gage lift gauge slightly. If no steam escapes, pressure is down. Open saucepan and remove jars.